9 FAQ’s about Lent

1. What is Lent?
Lent is a 40-day period of prayer, fasting, and almsgiving leading up to Easter, commemorating Jesus’ time of fasting in the desert.

2. When does Lent begin and end?
Lent begins on Ash Wednesday and ends on Holy Thursday evening, before the Mass of the Lord’s Supper.

3. Why do Catholics fast during Lent?
Fasting is a form of sacrifice that helps Catholics focus on prayer and repentance while uniting with Christ’s suffering.

4. What are the fasting and abstinence rules?
Catholics ages 18-59 fast on Ash Wednesday and Good Friday (one full meal, two smaller meals) and abstain from meat on Fridays during Lent.

5. Can I eat meat on Sundays during Lent?
Yes, Lenten fasting rules apply only on specific days, and Sundays are not considered fasting days.

6. What is almsgiving in Lent?
Almsgiving means giving to those in need, whether through charity, service, or financial donations.

7. Why do Catholics receive ashes on Ash Wednesday?
Ashes symbolize repentance and remind us of our mortality: “Remember that you are dust, and to dust you shall return.”

8. Do I have to give something up for Lent?
It is a common practice but not required. You can also take on a positive spiritual practice instead.

9. What is the significance of Holy Week?
Holy Week, the final week of Lent, commemorates Jesus’ Passion, Death, and Resurrection, leading to Easter Sunday.

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